

Statistics Report 02035, Spices, pumpkin pie spice

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	8.46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	342	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1431	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	5.76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	12.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	3.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	69.28	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	14.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Sugars, total	g	7.76	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Minerals													
Calcium, Ca	mg	682	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	19.71	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Phosphorus, P	mg	118	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	663	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	2.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Copper, Cu	mg	0.484	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	15.844	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	9.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	23.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	2.243	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6 ¹	mg	0.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2001
Folate, total	µg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, DFE	µg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Choline, total	mg	20.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	99	--	--	--	--	--	--	--	--	Calculated or imputed	02010	04/2011
Carotene, alpha	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	02010	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	114	--	--	--	--	--	--	--	--	Calculated or imputed	02010	04/2011
Vitamin A, IU	IU	261	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lycopene	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lutein + zeaxanthin	µg	100	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E (alpha-tocopherol)	mg	1.93	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	28.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	6.530	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.152	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	4.635	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.871	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.738	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	1.102	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.292	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.764	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.780	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
18:2 undifferentiated	g	0.715	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	71	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2001

¹S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167